

## **Baked Cauliflower**

Baking cauliflower is an excellent way to break down the chemicals that cause upset stomach from raw or steamed cauliflower. Baking a pan of colorful cauliflower is a treat to the eyes, as well as the stomach. It can be baked with other foods, or in casseroles, to add color, flavor, or texture. Baking is best done for 45 minutes to an hour at 350 degrees to fully cook the internal parts of the cauliflower. Optionally, cheese and/or bacon bits can be added for more flavor. This is a good snack for people who have trouble eating and gaining weight.

### **Pre Cook Preparation:**

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Bacon bits
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

#### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1.5 quart oven safe pan with lid

**Ingredients:****Meat:****Optional:**

1/4 cup of bacon bits

**Vegetables:**

15 ounces of cauliflower

**Other ingredients:**

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Wash and chop 15 ounces of cauliflower.
2. Add to 1.5 quart oven safe pan:
  - 1 tablespoon of butter
  - 15 ounces of cauliflower
  - 1/2 cup of cheese
  - Dash of salt
  - Spices, such as pepper, to taste
  - Enough water to cover most of the cauliflower
- Optional:
  - 1/4 cup of bacon bits
3. Cover pan and place in oven.

**Cook Temperature: 350 degrees**

**Cook Time: 45 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.